



Take charge of your health – with support you can trust



Personal Health Navigators are here to help

A Personal Health Navigator (PHN) is someone who can guide you through your health care. They help you understand your choices, answer your questions and make sure your care fits your life.

Whether you're living with a health condition, making tough treatment choices or just need help understanding your care plan, a PHN is here for you.

One-on-one help at no cost to you

As an EOCCO member, you can work with a Personal Health Navigator at no cost. Your PHN can:

- Explain your health care options in simple terms
- Help you understand your conditions, medicines and next steps
- Share tools and resources to support your decisions
- Offer help that matches your needs, goals and values
- Guide you through the health system with confidence

Your health. Your choices. Your navigator.

Want to work with a Personal Health Navigator?

- Ask your doctor for help
- Use EOCCO's provider search tool at eoocco.com/eoocco-provider-search/
- Or email us at THW@eoocco.com

Still have questions? We're happy to help!

Call us at 888-788-9821 or email THW@eoocco.com
We here Monday through Friday, 7:30 a.m. – 5 p.m. PST

You can get this document in other languages, large print, Braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 888-788-9821 (TTY/TDD users, please call 711). We accept relay calls.

Puede obtener este documento en otros idiomas, en letra grande, braille o en un formato que usted prefiera. También puede recibir los servicios de un intérprete. Esta ayuda es gratuita. Llame al servicio de atención al cliente 888-788-9821 o TTY 711. Aceptamos todas las llamadas de retransmisión.

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